Skinfold

Measurement

percent fat (1)

Body Mass

Index (1)

Curl-Up

completed



FITNESSGRAM® Healthy Fitness Zones

One Mile Run

min:sec (1)

20m PACER

laps (2)

The FITNESSGRAM® uses Healthy Fitness Zones (HFZs) to evaluate fitness performance. These zones, established by The Cooper Institute of Dallas, Texas, represent levels of fitness that offer protection against the diseases that result from sedentary living. (Rev. 2007)

Walk Test

VO₂max (3)

ml/kg/min

FEMALES

Age

5				32 – 17	21.0 – 16.2	2 – 10
6	Completion	Participate in		32 – 17	21.0 – 16.2	2 – 10
7	of distance.	run. Lap count		32 – 17	22.0 – 16.2	4 – 14
8	Time HFZs not recommended.	HFZs not recommended.	VO ₂ max HFZs	32 – 17	22.0 – 16.2	6 – 20
9	- recommended.	recommended.	not available.	32 – 13	23.0 – 13.5	9 – 22
10	12:30 - 9:30	7 – 41		32 – 13	23.5 – 13.7	12 – 26
11	12:00 - 9:00	15 – 41		32 – 13	24.0 – 14.0	15 – 29
12	12:00 - 9:00	15 – 41		32 – 13	24.5 – 14.5	18 – 32
13	11:30 - 9:00	23 – 51	36 – 44	32 – 13	24.5 – 14.9	18 – 32
14	11:00 - 8:30	23 – 51	35 – 43	32 – 13	25.0 – 15.4	18 – 32
15	10:30 - 8:00	32 – 51	35 – 43	32 – 13	25.0 – 16.0	18 – 35
16	10:00 - 8:00	32 – 61	35 – 43	32 – 13	25.0 - 16.4	18 – 35
17	10:00 - 8:00	41 – 61	35 – 43	32 – 13	26.0 - 16.8	18 – 35
17+	10:00 - 8:00	41 – 72	35 – 43	32 – 13	27.3 – 17.2	18 – 35
			Modified	Flexed-Arm	Back-Saver	01 1.1
Age	Trunk Lift inches	Push-Up # completed	Pull-Up # completed	Hang seconds	Sit & Reach inches	Shoulder Stretch
Age 5			Pull-Up	Hang		
	inches	# completed	Pull-Up # completed	Hang seconds	inches	
5	inches 6 – 12	# completed 3 – 8	Pull-Up # completed 2 – 7	Hang seconds 2 – 8	inches 9	
5	inches 6 – 12 6 – 12	# completed 3 - 8 3 - 8	Pull-Up # completed 2 - 7 2 - 7	Hang seconds 2-8 2-8	inches 9 9	Stretch
5 6 7	6 – 12 6 – 12 6 – 12	# completed 3 - 8 3 - 8 4 - 10	Pull-Up # completed 2 - 7 2 - 7 3 - 9	Hang seconds 2 - 8 2 - 8 3 - 8	9 9 9	Stretch Touching
5 6 7 8	6 - 12 6 - 12 6 - 12 6 - 12	# completed 3 - 8 3 - 8 4 - 10 5 - 13	Pull-Up # completed 2 - 7 2 - 7 3 - 9 4 - 11	Hang seconds 2-8 2-8 3-8 3-10	9 9 9 9 9	Stretch Touching fingertips
5 6 7 8 9	6-12 6-12 6-12 6-12 6-12	# completed 3 - 8 3 - 8 4 - 10 5 - 13 6 - 15	Pull-Up # completed 2 - 7 2 - 7 3 - 9 4 - 11 4 - 11	Hang seconds 2 - 8 2 - 8 3 - 8 3 - 10 4 - 10	9 9 9 9 9 9	Touching fingertips together
5 6 7 8 9	6 - 12 6 - 12 6 - 12 6 - 12 6 - 12 9 - 12	# completed 3 - 8 3 - 8 4 - 10 5 - 13 6 - 15 7 - 15	Pull-Up # completed 2 - 7 2 - 7 3 - 9 4 - 11 4 - 11 4 - 13	Hang seconds 2 - 8 2 - 8 3 - 8 3 - 10 4 - 10 4 - 10	9 9 9 9 9 9	Touching fingertips together behind the
5 6 7 8 9 10	inches 6 - 12 6 - 12 6 - 12 6 - 12 6 - 12 9 - 12 9 - 12	# completed 3 - 8 3 - 8 4 - 10 5 - 13 6 - 15 7 - 15 7 - 15	Pull-Up # completed 2 - 7 2 - 7 3 - 9 4 - 11 4 - 11 4 - 13 4 - 13	Hang seconds 2-8 2-8 3-8 3-10 4-10 4-10 6-12	9 9 9 9 9 9 9 10	Touching fingertips together behind the back on both
5 6 7 8 9 10 11	inches 6-12 6-12 6-12 6-12 6-12 9-12 9-12 9-12	# completed 3 - 8 3 - 8 4 - 10 5 - 13 6 - 15 7 - 15 7 - 15	Pull-Up # completed 2 - 7 2 - 7 3 - 9 4 - 11 4 - 13 4 - 13 4 - 13	Hang seconds 2-8 2-8 3-8 3-10 4-10 4-10 6-12 7-12	9 9 9 9 9 9 10	Touching fingertips together behind the
5 6 7 8 9 10 11 12 13	inches 6-12 6-12 6-12 6-12 6-12 9-12 9-12 9-12 9-12	# completed 3 - 8 3 - 8 4 - 10 5 - 13 6 - 15 7 - 15 7 - 15 7 - 15	Pull-Up # completed 2 - 7 2 - 7 3 - 9 4 - 11 4 - 13 4 - 13 4 - 13 4 - 13	Hang seconds 2 - 8 2 - 8 3 - 8 3 - 10 4 - 10 4 - 10 6 - 12 7 - 12 8 - 12	9 9 9 9 9 9 10 10	Touching fingertips together behind the back on both the right and
5 6 7 8 9 10 11 12 13	inches 6 - 12 6 - 12 6 - 12 6 - 12 6 - 12 9 - 12 9 - 12 9 - 12 9 - 12 9 - 12	# completed 3 - 8 3 - 8 4 - 10 5 - 13 6 - 15 7 - 15 7 - 15 7 - 15 7 - 15	Pull-Up # completed 2 - 7 2 - 7 3 - 9 4 - 11 4 - 13 4 - 13 4 - 13 4 - 13 4 - 13	Hang seconds 2 - 8 2 - 8 3 - 8 3 - 10 4 - 10 4 - 10 6 - 12 7 - 12 8 - 12 8 - 12	9 9 9 9 9 9 10 10 10	Touching fingertips together behind the back on both the right and
5 6 7 8 9 10 11 12 13 14	inches 6-12 6-12 6-12 6-12 6-12 9-12 9-12 9-12 9-12 9-12 9-12 9-12	# completed 3 - 8 3 - 8 4 - 10 5 - 13 6 - 15 7 - 15 7 - 15 7 - 15 7 - 15 7 - 15 7 - 15	Pull-Up # completed 2 - 7 2 - 7 3 - 9 4 - 11 4 - 13 4 - 13 4 - 13 4 - 13 4 - 13 4 - 13	Hang seconds 2-8 2-8 3-8 3-10 4-10 4-10 6-12 7-12 8-12 8-12 8-12	9 9 9 9 9 9 10 10 10 10 12	Touching fingertips together behind the back on both the right and

⁽¹⁾ The number of the left is the lower end of the HFZ; the number on the right is the upper end of the HFZ. That is, for time, percent fat, and Body Mass Index (BMI), smaller numbers are better than larger numbers. Percent fat is based on skinfold measurements from the triceps and calf. BMI is calculated from measurements of weight and height.

⁽²⁾ If the 15-meter PACER is administered, these scores must be converted to 20-meter scores. The conversion table can be found at http://www.fitnessgram.net.

⁽³⁾ Aerobic capacity (VO₂max) reflects the maximum rate that oxygen can be taken up and utilized by the body during exercise. Aerobic capacity is estimated by inserting age, gender, weight, mile walk time, and heart rate at the end of the walk into the Rockport Fitness Walking Test equation.



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MALES

Age	One Mile Run min:sec (1)	20m PACER # laps (2)	Walk Test VO ₂ max ⁽³⁾ ml/kg/min	Skinfold Measurement percent fat (1)	Body Mass Index (1)	Curl-Up # completed
5				25 – 10	20.0 - 14.7	2 – 10
6	Completion	Participate in		25 – 10	20.0 – 14.7	2 – 10
7	of distance. Time HFZs not	run. Lap count HFZs not		25 – 10	20.0 – 14.9	4 – 14
8	recommended.	recommended.	VO ₂ max HFZs	25 – 10	20.0 – 15.1	6 – 20
9	recommended.	recommended.	not available.	25 – 7	20.0 – 13.7	9 – 24
10	11:30 - 9:00	23 – 61		25 – 7	21.0 – 14.0	12 – 24
11	11:00 - 8:30	23 – 72		25 – 7	21.0 – 14.3	15 – 28
12	10:30 - 8:00	32 – 72		25 – 7	22.0 – 14.6	18 – 36
13	10:00 - 7:30	41 – 83	42 – 52	25 – 7	23.0 – 15.1	21 – 40
14	9:30 - 7:00	41 – 83	42 – 52	25 – 7	24.5 – 15.6	24 – 45
15	9:00 - 7:00	51 – 94	42 – 52	25 – 7	25.0 – 16.2	24 – 47
16	8:30 - 7:00	61 – 94	42 – 52	25 – 7	26.5 – 16.6	24 – 47
17	8:30 - 7:00	61 – 106	42 – 52	25 – 7	27.0 – 17.3	24 – 47
17+	8:30 - 7:00	72 – 106	42 – 52	25 – 7	27.8 – 17.8	24 – 47
Age	Trunk Lift inches	Push-Up # completed	Modified Pull-Up # completed	Flexed-Arm Hang seconds	Back-Saver Sit & Reach inches	Shoulder Stretch
Age 5		•	Pull-Up	Hang	Sit & Reach	
	inches	# completed	Pull-Up # completed	Hang seconds	Sit & Reach inches	
5	inches 6 – 12	# completed 3 – 8	Pull-Up # completed 2 – 7	Hang seconds 2-8	Sit & Reach inches 8	
5	inches 6 – 12 6 – 12	# completed 3 - 8 3 - 8	Pull-Up # completed 2 - 7 2 - 7	Hang seconds 2-8 2-8	Sit & Reach inches 8	Stretch
5 6 7	inches 6 – 12 6 – 12 6 – 12	# completed 3 - 8 3 - 8 4 - 10	Pull-Up # completed 2 - 7 2 - 7 3 - 9	Hang seconds 2 - 8 2 - 8 3 - 8	Sit & Reach inches 8 8 8	Stretch Touching
5 6 7 8	6 – 12 6 – 12 6 – 12 6 – 12	# completed 3 - 8 3 - 8 4 - 10 5 - 13	Pull-Up # completed 2 - 7 2 - 7 3 - 9 4 - 11	Hang seconds 2-8 2-8 3-8 3-10	Sit & Reach inches 8 8 8 8	Stretch Touching fingertips
5 6 7 8 9	6-12 6-12 6-12 6-12 6-12	# completed 3 - 8 3 - 8 4 - 10 5 - 13 6 - 15	Pull-Up # completed 2 - 7 2 - 7 3 - 9 4 - 11 5 - 11	Hang seconds 2 - 8 2 - 8 3 - 8 3 - 10 4 - 10	Sit & Reach inches 8 8 8 8	Touching fingertips together
5 6 7 8 9	inches 6 - 12 6 - 12 6 - 12 6 - 12 6 - 12 9 - 12	# completed 3 - 8 3 - 8 4 - 10 5 - 13 6 - 15 7 - 20	Pull-Up # completed 2 - 7 2 - 7 3 - 9 4 - 11 5 - 11 5 - 15	Hang seconds 2 - 8 2 - 8 3 - 8 3 - 10 4 - 10 4 - 10	Sit & Reach inches 8 8 8 8 8 8	Touching fingertips together behind the
5 6 7 8 9 10	inches 6 - 12 6 - 12 6 - 12 6 - 12 6 - 12 9 - 12 9 - 12	# completed 3 - 8 3 - 8 4 - 10 5 - 13 6 - 15 7 - 20 8 - 20	Pull-Up # completed 2 - 7 2 - 7 3 - 9 4 - 11 5 - 11 5 - 15 6 - 17	Hang seconds 2-8 2-8 3-8 3-10 4-10 4-10 6-13	Sit & Reach inches 8 8 8 8 8 8 8 8 8	Touching fingertips together behind the back on both
5 6 7 8 9 10 11 12	inches 6-12 6-12 6-12 6-12 6-12 9-12 9-12 9-12	# completed 3 - 8 3 - 8 4 - 10 5 - 13 6 - 15 7 - 20 8 - 20 10 - 20	Pull-Up # completed 2 - 7 2 - 7 3 - 9 4 - 11 5 - 11 5 - 15 6 - 17 7 - 20	Hang seconds 2-8 2-8 3-8 3-10 4-10 4-10 6-13 10-15	Sit & Reach inches	Touching fingertips together behind the
5 6 7 8 9 10 11 12 13	inches 6 - 12 6 - 12 6 - 12 6 - 12 6 - 12 9 - 12 9 - 12 9 - 12 9 - 12	# completed 3 - 8 3 - 8 4 - 10 5 - 13 6 - 15 7 - 20 8 - 20 10 - 20 12 - 25	Pull-Up # completed 2 - 7 2 - 7 3 - 9 4 - 11 5 - 15 6 - 17 7 - 20 8 - 22	Hang seconds 2 - 8 2 - 8 3 - 8 3 - 10 4 - 10 4 - 10 6 - 13 10 - 15 12 - 17	Sit & Reach inches 8 8 8 8 8 8 8 8 8	Touching fingertips together behind the back on both the right and
5 6 7 8 9 10 11 12 13 14	inches 6-12 6-12 6-12 6-12 6-12 9-12 9-12 9-12 9-12 9-12	# completed 3 - 8 3 - 8 4 - 10 5 - 13 6 - 15 7 - 20 8 - 20 10 - 20 12 - 25 14 - 30 16 - 35 18 - 35	Pull-Up # completed 2 - 7 2 - 7 3 - 9 4 - 11 5 - 15 6 - 17 7 - 20 8 - 22 9 - 25 10 - 27 12 - 30	Hang seconds 2 - 8 2 - 8 3 - 8 3 - 10 4 - 10 4 - 10 6 - 13 10 - 15 12 - 17 15 - 20	Sit & Reach inches 8 8 8 8 8 8 8 8 8 8 8 8 8 8	Touching fingertips together behind the back on both the right and
5 6 7 8 9 10 11 12 13 14 15	inches 6 - 12 6 - 12 6 - 12 6 - 12 6 - 12 9 - 12 9 - 12 9 - 12 9 - 12 9 - 12 9 - 12	# completed 3 - 8 3 - 8 4 - 10 5 - 13 6 - 15 7 - 20 8 - 20 10 - 20 12 - 25 14 - 30 16 - 35	Pull-Up # completed 2 - 7 2 - 7 3 - 9 4 - 11 5 - 15 6 - 17 7 - 20 8 - 22 9 - 25 10 - 27	Hang seconds 2-8 2-8 3-8 3-10 4-10 4-10 6-13 10-15 12-17 15-20 15-20	Sit & Reach inches	Touching fingertips together behind the back on both the right and

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